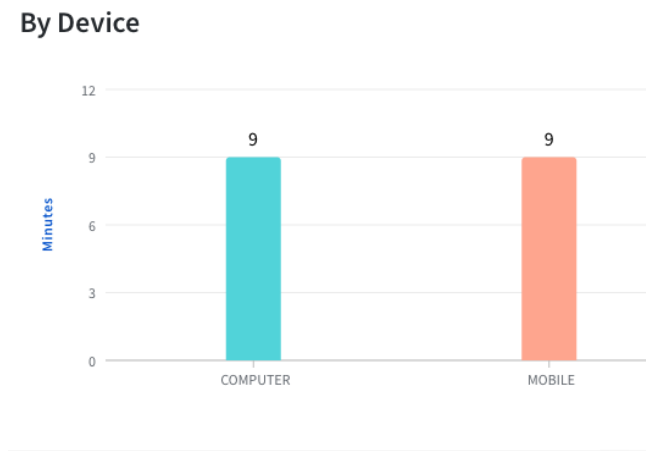
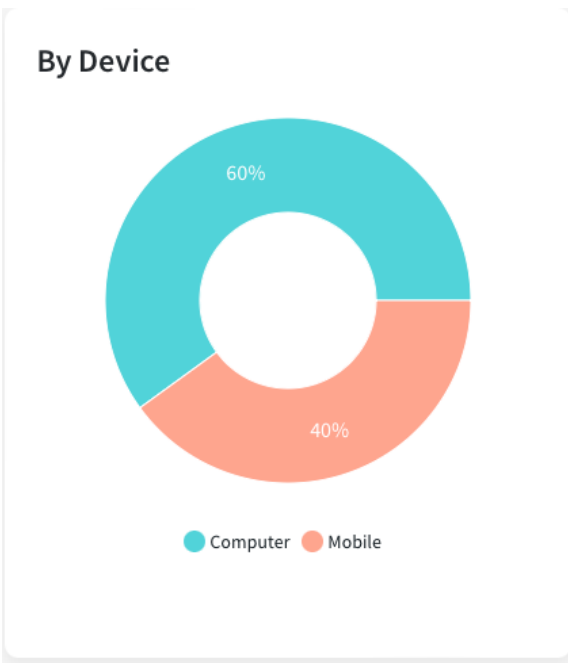




2023 CAPE COD INTERGROUP MEMBER SURVEY RESULTS

April 11, 2023

Conducted April 1-10, 2023
11 Questions
40 Responses



QUESTION 1

QUESTION 01 | TEXT

Besides informing members about OA locally and more broadly, and providing training, what other CCI services would you find helpful?

Answered: 27 Skipped: 12

Word Cloud List

- | |
|---|
| For those fellows who would be willing, I would like a contact list for CC I members |
| Ongoing updates & information on our website available to all, with routine announcements of this resource at meetings. |
| Maybe more frequent email correspondence, sharings, links to recordings, daily reader posts |
| The website and update via email would be sufficient for me |
| Guides to OA approved literature |
| I can't think of any other services CCI could provide |
| Support for more in-person meetings. Maybe coordinate/centralize literature distribution, which is hard with Zoom meetings. |
| retreats |
| Maybe a quarterly or twice a year newsletter! |
| How to attract newcomers |
| How to fill service positions |
| nutrition |
| Provide updates on new literature and podcasts |
| reaching out to medical providers about food addictions...they don't get it! |
| If it went back to Saturday meetings. I cannot attend during the week. |
| Another workshop on meditation |
| A 7am meeting? |
| What is training? |
| A listing of available sponsors. |
| Wider support for all of OA recovery. Meetings at later hours |
| Well the news letter is awesome. Maybe have a speaker bank or events |
| None |
| nothing I can think of |
| Can't think of anything, this intergroup is so helpful. |
| More meetings |
| Assistance in starting new meetings\ (face to face); continue to assist with technology |
| strengthening my recovery |

QUESTION 2

QUESTION 02 | TEXT

If CCI offered workshops or trainings, what topics or themes would you find most helpful?

Answered: 36 Skipped: 4

Word Cloud List

I would love to hear more about body image issues
12 steps
Finding and Connecting with Your Higher Power, 3rd step, Aging in Program, Meditation Practices.
Sponsorship, Working with Newcomers, Coming Back from Relapse.
How to return from a failed attempt at abstinence or absence from the group for a long period of time.
How to be a Sponsor
Issues of specifically related to men.
1. How and when to sponsor other members. 2. Steps 1-3
How to sponsor.
Staying abstinent, meditation, sponsorship
How to start a newcomer or returning member ((12 day questions) ? Zoom workshop introduction to all that's available to members on oa.org and capecodoa.org
Spiritually, Staying abstinent
Sex and body image, Dating and food and drink choices (how to handle questions!)
How to attract newcomers
self esteem
Sponsorship and small group Big Book study
changing food plans, food plan essentials, how to develop a food plan
Body Image
Journaling,
3rd step, 12 steps, Big Book, relapse, abstinence
More training or ideas for those of us who host meetings for bombers interfering with meetings. I had to miss one that I signed up for when something unexpected happened.
Sponsoring
Meditation, sponsorship
Sponsoring review using 12 step format, I believe OA website has a packet to review together
How to start a new meeting
Choosing a food plan and sponsoring

"Job Training" workshops for various service positions, so people wanting to do service can see how each job is done.
Recovery for the newcomers
Abstinence vs a good plan is one I like. Step work
sponsoring, meditation
Transfer addiction to food
how to do the 12 steps
Multi-week step workshop? Workshop about sponsoring?
Stress & Eating/ Who will I be when I stop overeating
Keeping Spiritually Fit; Steps 10, 11 and 12;
Increasing service amongst the membership

QUESTION 3

QUESTION 03 | TEXT

What could CCI do to support your local meeting?

Answered: 28 Skipped: 12

Word Cloud List

Again a contact list for those who would be willing to speak at meetings
Periodically send an officer as a guest to increase awareness of CCIG and how it all works! Expand the keynotes to include a fact about CCIG, Region & WSO each month...so that Reps bring info to meetings that may spark >interest.
More frequent email communications
Continue to send or post notices, particularly when there is a major change(such as with the vineyard mtg.) also posting as soon as possible new meeting such as Harwich. Some things you just get to know about word or mouth.
I only attend a phone meeting. It would be most helpful if I could get an updated script for the Saturday 9am meeting and the correct phone numbers and codes.
Current support seems very good
Help promote the re-establishment of a men's only group
Provide workshop.
Help with the high rent at the Eastham meeting. (I think we got some initial financial support and that may be all that can be done.)
We're getting supported - all we have to do is know what we want/need and ask for it. I think our CCI is strong....local chapters just have to make sure to be represented monthly.
Continue to support zoom app,
Work on publicity strategies
have an actual meeting in person
Continue providing key note info to members
More in person meetings
In person meetings
No idea at the moment.
Maybe feature the live meetings on the website
Sometimes people make a commitment to speak at other meetings
provide advertising and free newcomer packets
Have more Face to Face meetings
Maintain a list of meetings whose attendance may be down, so that members who want to support these meetings know which ones need it.
Have cci members visit other meetings

2023 CAPE COD INTERGROUP MEMBER SURVEY RESULTS

April 11, 2023

Page 6

More working class meetings. Only one in person for after the 9-5 work day
nothing, it's going well
n/a
technology support (host trainings and support) Hybrid Training and Support;
not sure

QUESTION 4

QUESTION 04 | TEXT

The capecodaa.org website offers information on access to local meetings and their formats, links to podcasts, keynotes from CCI's monthly meetings, and other OA events. What additional website features would be useful to you?

Answered: 20 Skipped: 20

Word Cloud List

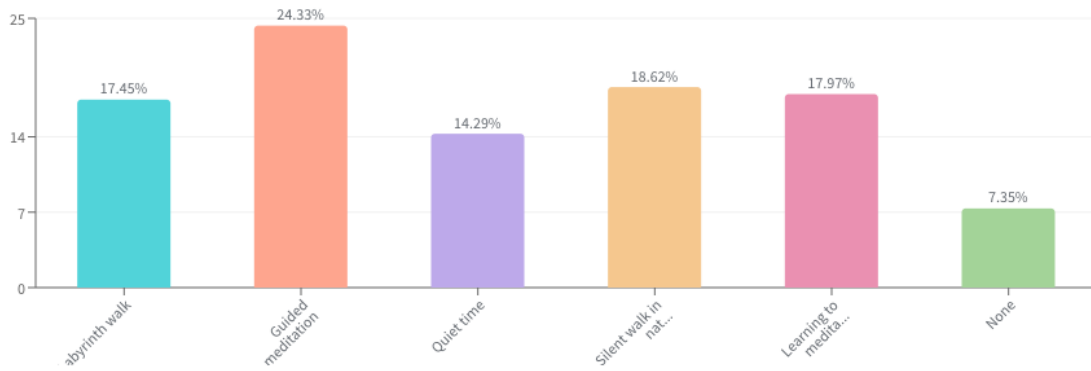
Communication for newcomers,
Can't think of anything. The website is awesome.
Love the website as is. Maybe we should have separate lists of Zoom and in-person meetings?
Perhaps we can be part of the newer "Virtual Region" along with being part of our standard Region 6?
I'd like the website introduced after live meetings by knowledgeable members with their laptops and through screen sharing after zoom meetings.
I think the web-site is very good.
literature
None that I can think of
Its well designed.. NA
A link to A VISION FOR YOU
Maybe A pdf of prayers or link to Common prayers used in OA/AA
Can't think of any.
Maybe a "Help Wanted" section of service positions needing to be filled
I can't think of anything, it's great. Maybe a statement like others in the region have about poc and poc meetings in kind
Yeah link to lifeline blog on cape cod OA website as well
not sure
More meetings
We have a fantastic Website!
not sure

QUESTION 5

QUESTION 05 | RANK ORDER

Please rank order your preference for the following Retreat activities:

Answered: 36 Skipped: 2



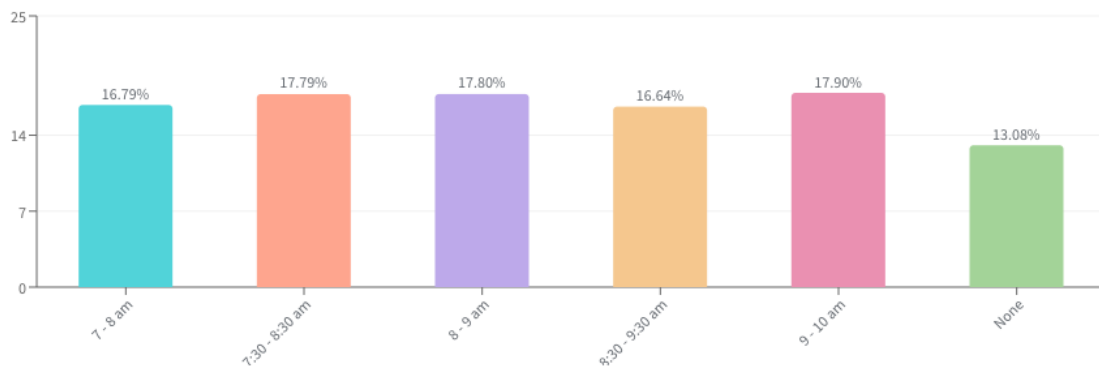
ANSWER CHOICES	AVERAGE	RESPONSE PERCENTAGE
Labyrinth walk	21.99	17.45 %
Guided meditation	30.65	24.33 %
Quiet time	18.00	14.29 %
Silent walk in nature	23.46	18.62 %
Learning to meditate	22.64	17.97 %
None	9.26	7.35 %

QUESTION 6

QUESTION 06 | RANK ORDER

Please rank order what time you would be most likely to attend a (before work/school) weekday morning FACE to FACE meeting?

Answered: 30 Skipped: 6



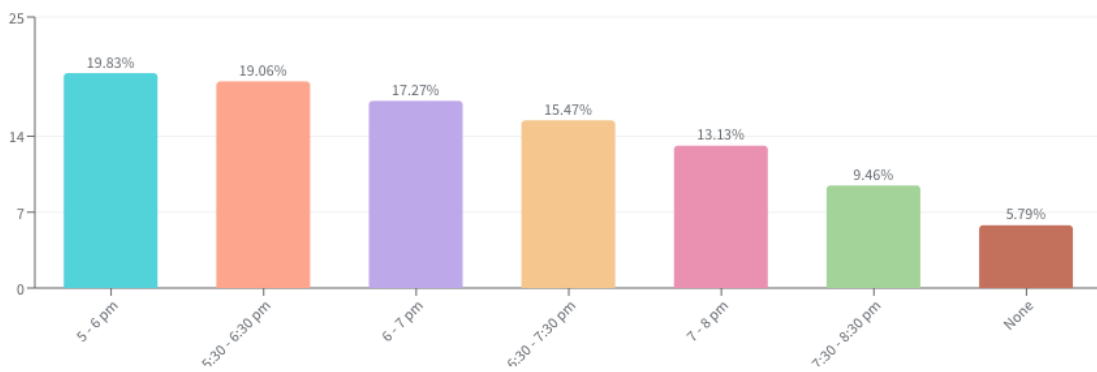
ANSWER CHOICES	AVERAGE	RESPONSE PERCENTAGE
7 - 8 am	17.63	16.79 %
7:30 - 8:30 am	18.68	17.79 %
8 - 9 am	18.69	17.80 %
8:30 - 9:30 am	17.47	16.64 %
9 - 10 am	18.80	17.90 %
None	13.73	13.08 %

QUESTION 7

QUESTION 07 | RANK ORDER

Please rank order what time would you be most likely to attend an (after work/school) weekday evening FACE to FACE meeting?

Answered: 33 Skipped: 3



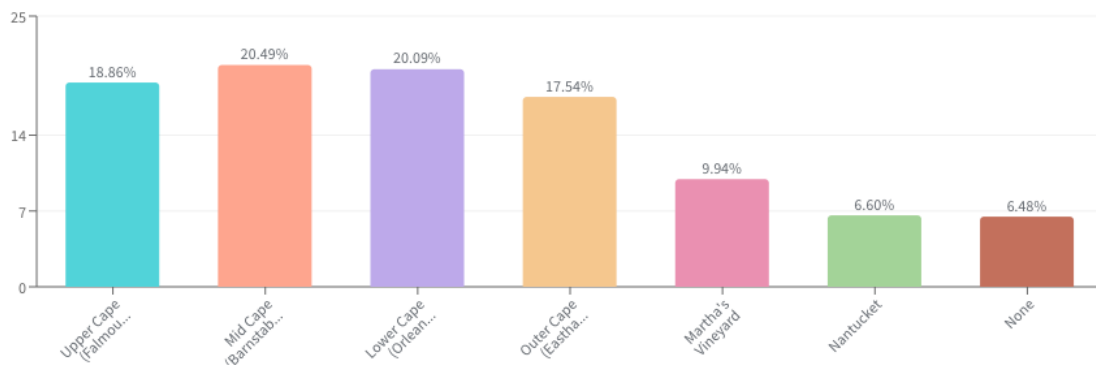
ANSWER CHOICES	AVERAGE	RESPONSE PERCENTAGE
5 - 6 pm	26.17	19.83 %
5:30 - 6:30 pm	25.16	19.06 %
6 - 7 pm	22.79	17.27 %
6:30 - 7:30 pm	20.42	15.47 %
7 - 8 pm	17.33	13.13 %
7:30 - 8:30 pm	12.49	9.46 %
None	7.64	5.79 %

QUESTION 8

QUESTION 08 | RANK ORDER

Please rank order where you would be most likely to attend a FACE to FACE meeting?

Answered: 35 Skipped: 2



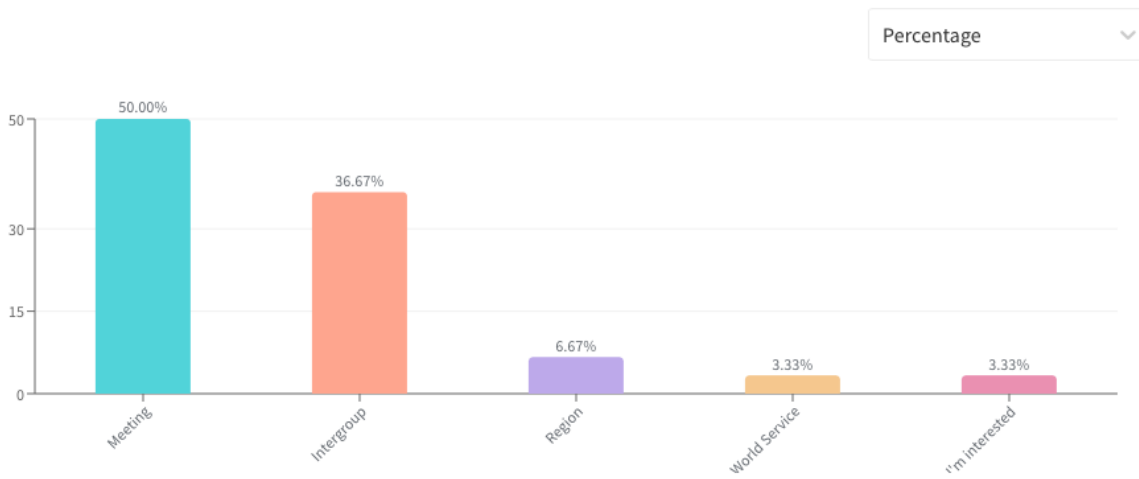
ANSWER CHOICES	AVERAGE	RESPONSE PERCENTAGE
Upper Cape (Falmouth, Bourne, Sandwich, Mashpee)	26.41	18.86 %
Mid Cape (Barnstable Village, West Barnstable, Hyannis, Centerville, Osterville, Marstons Mills, Cotuit, Yarmouth, Dennis)	28.68	20.49 %
Lower Cape (Orleans, Chatham, Harwich, Brewster)	28.13	20.09 %
Outer Cape (Eastham, Wellfleet, Provincetown, Truro)	24.55	17.54 %
Martha's Vineyard	13.92	9.94 %
Nantucket	9.24	6.60 %
None	9.07	6.48 %

QUESTION 9

QUESTION 09 | MULTIPLE CHOICE

Have you ever fulfilled a service position at the Meeting, Intergroup, Region, or World Service levels of OA?

Answered: 32 Skipped: 7



ANSWER CHOICES	RESPONSES	RESPONSE PERCENTAGE
Meeting	30	50.00 %
Intergroup	22	36.67 %
Region	4	6.67 %
World Service	2	3.33 %
I'm interested	2	3.33 %

QUESTION 10

QUESTION 10 | TEXT

If you would like us to reach out to you regarding service opportunities, please provide your contact information.

Answered: 12 Skipped: 28

Word Cloud List

Individual contact information for four respondents hidden and provided to Intergroup Chair for anonymity reasons.

I'm continuing to do various service positions at the face to face meetings I attend for now.
no thanks
Only on Zoom at this time.
I would like to be part of intergroup again if it goes back to Saturday
already doing service
no

QUESTION 11

QUESTION 11 | TEXT

Any other comments/ideas/suggestions?

Answered: 16 Skipped: 0

Word Cloud List

Thank you for your service.
Please list the types of meeting(ie: step,discussion, etc) on OA meeting directory.Also, not hearing alot of experience,strength, and hope from qualifying leaders of the group,or is this saved for discussion meetings only?
Fostering the opening new Face to Face AND continuing Zoom! Not either or, but BOTH. We don't want to lose our fellows from other regions and countries that have become "regulars".
I feel blessed to be near Cape Cod INTERGROUP in my
I love CCI! I think we have great inter-meeting communication and a good sense of CC community, which is amazing with Zoom. And CCI initiatives are helpful. Thanks for all your work!
I really think our CCI is doing a wonderful job!
Please return ig to Saturday after 9:00 meeting meetings.
WSO should have a presence on social media (FB, IG, TIC TOC, Twitter. When a user uses words "eating disorder", or any other term associated with food issues, the comment is flagged and sent to OA for simple comment, e.g. "check out OA.Org for a list of face to face, on line, or phone meetings"
People are getting scammed! They need OA!
We need to attract a new generation to OA as we have a predominantly aging membership
more un person meetings
Appreciate all the hard work and service given to help us in our recovery!
This intergroup does a fabulous job...wish we did a weekend retreat like I attended for many years in NJ, hopefully that will begin again in January.
Thank you for your service!!
I think CC Intergroup does an outstanding job in all respects.
none
One Retreat Day a Year and One Recovery Workshop day a year